



## I Statements

IFBI - I, Feeling, Behavior, Impact.

- Begin by saying I.
- Own and state your feelings.
- Describe the behavior or situation causing your feelings **without using 'you.'**
- Explain how the behavior or situation impacts you.

**I** (start with I)  
  
**F** eeling (your feeling)  
  
**B** ehavior (or situation)  
  
**I** mpact (often starts with because; what is the impact on you?)

### Sample of Feelings When Our Needs Are NOT Being Satisfied

<p><b>AFRAID</b> apprehensive dread mistrustful petrified scared suspicious wary worried</p>	<p><b>CONFUSED</b> ambivalent baffled bewildered dazed hesitant lost mystified perplexed</p>	<p><b>DISCONNECTED</b> alone apathetic bored disinterested indifferent numb unloved withdrawn</p>	<p><b>PAIN</b> abused agony devastated heartbroken lonely miserable regretful remorseful</p>	<p><b>UNLOVED</b> abandoned neglected rejected uncared for unimportant worthless</p>
<p><b>ANNOYED</b> aggravated dismayed disgruntled displeased frustrated impatient</p>	<p><b>DISQUIETED</b> alarmed disturbed shocked startled unsettled uncomfortable</p>	<p><b>EMBARRASSED</b> ashamed chagrined flustered guilty mortified self-conscious</p>	<p><b>SAD</b> depressed dejected disappointed discouraged hopeless unhappy</p>	<p><b>VULNERABLE</b> fragile guarded helpless insecure leery sensitive</p>
<p><b>AVERSION</b> appalled contempt disgusted hate horrified hostile repulsed</p>	<p><b>DISRESPECTED</b> ignorant incapable incompetent stupid</p>	<p><b>FATIGUED</b> beat burnt out exhausted listless tired weary worn out</p>	<p><b>TENSE.</b> anxious distressed irritable nervous overwhelmed restless stressed out</p>	<p><b>YEARNING</b> envious jealous longing nostalgic pining wistful</p>